Amendments to the Claims:

1. (currently amended) A ~~unitary~~ consumable insert comprising a metal-comprising material and melting point depressant material, the melting point depressant material comprising nickel-boron having a concentration that is greater proximate a center region of the consumable insert than proximate an exterior surface region of the consumable insert.

2. (original) The consumable insert of claim 1, further comprising an upper layer of a sheath material opposed a lower layer of a sheath material and the melting point depressant contained there between.

3. (original) The consumable insert of claim 2, wherein the upper layer and lower layers have been mechanically pressed together to provide the insert with a desired cross-sectional thickness.

4. (original) The consumable insert of claim 2, wherein the sheath material comprises nickel.

5. (cancelled)

6. (cancelled)

7. (currently amended) A consumable insert comprising:

a sheath having a desired ribbon shape; and

particles of an MCrAlY alloy material exhibiting a ductility of less than 18% tensile elongation contained by the sheath.

8. (original) The consumable insert of claim 7, wherein the material exhibits a ductility of less than 15% tensile elongation.

9. (original) The consumable insert of claim 7, wherein the material exhibits a ductility of less than 10% tensile elongation.

10. (cancelled)

11. (cancelled)

12. (original) The consumable insert of claim 7, wherein the sheath comprises nickel.

13. (cancelled)

14. (currently amended) A method of transient liquid phase bonding using a consumable insert, the method comprising:

forming a ~~unitary~~ consumable insert comprising a metal-comprising material and melting point depressant material, the melting point depressant material having a melting point depressant concentration that is greater proximate a center region of the insert than proximate an exterior surface region of the insert;

capturing the consumable insert between two work pieces to be joined by transient liquid phase bonding;

heating the work pieces and the consumable insert to a temperature sufficiently high to melt the consumable insert; and

maintaining the temperature sufficiently high for the melting point depressant to diffuse into the work pieces to an extent sufficient for the consumable insert to solidify to form a joint between the work pieces.

15. (original) The method of claim 14, wherein forming the consumable insert further comprises:

depositing particles of the melting point depressant into a hollow center of a tube of sheath material; and

flattening the tube into a ribbon shape having the particles of the melting point depressant in the center region and having the sheath material in the exterior surface region.

16. (original) The method of claim 15, further comprising selecting the sheath material to comprise nickel.

17. (original) The method of claim 16, further comprising selecting the melting point depressant to comprise one of the group of boron, nickel and phosphorous.

18. (original) The method of claim 14, wherein forming the consumable insert further comprises:

depositing particles of the melting point depressant into a U-shaped plate of sheath material;

forming the U-shaped plate into a tube; and

flattening the tube into a ribbon shape having the particles of the melting point depressant in the center region and having the sheath material in the exterior surface region.

19. (original) The method of claim 14, wherein forming the consumable insert further comprises:

depositing particles of the melting point depressant onto a lower plate of sheath material;

covering the particles with an upper plate of sheath material; and

flattening the upper and lower plates together to a desired thickness to form the consumable insert.

20. (original) The method of claim 19, further comprising sealing adjoining edges of the upper plate and the lower plate together to capture the particles there between prior to the step of flattening.

21. (original) The method of claim 14, further comprising subjecting the consumable insert to a diffusion heat treatment regiment prior to the step of heating.

22. (currently amended) A method of material deposition utilizing a consumable insert, the method comprising:

providing a consumable insert comprising a sheath formed to a desired ribbon shape and particles of ~~a~~ an MCrAlY alloy material ~~exhibiting a ductility of less than 18% tensile elongation~~ contained by the sheath; and

melting the insert onto a surface of a work piece; and

allowing the melt to cool to form a coating.

23. (cancelled)

24. (cancelled)